

Name \_\_\_\_\_  
Date \_\_\_\_\_

## Diabetes & Nutritional Health Teaching Program Pre-Test/Post Test

Choose one answer.

1. Diabetes is a condition of the body that is a result of:
  - a. too much insulin in the body.
  - b. not enough or ineffective insulin in the body.
  - c. eating too much sugar and other sweet foods.
  - d. eating high-fat foods.
  - e. I don't know.
  
2. Which of the following foods should a person with diabetes **NEVER** eat/drink?
  - a. Orange juice.
  - b. Cake with frosting.
  - c. Hamburgers.
  - d. None of the above, all foods can be included on a diabetic diet.
  - e. I don't know.
  
3. An acceptable blood sugar range for a person with diabetes is:
  - a. 70-140.
  - b. 150-200.
  - c. 50-90.
  - d. 60-190.
  - e. I don't know.
  
4. In overweight people with diabetes, losing weight may:
  - a. help the body use insulin better.
  - b. lower blood sugar.
  - c. lower the risk of heart disease.
  - d. All of the above.
  - e. I don't know.
  
5. A common symptom of low blood sugar (hypoglycemia) is:
  - a. shakiness.
  - b. pain.
  - c. burning on urination.
  - d. slow healing.
  - e. I don't know.

6. An example of a “free food” is:
  - a. ½ cup of sugar-free gelatin.
  - b. ½ cup of sugar-free pudding.
  - c. ½ cup of peas.
  - d. ½ cup of apple juice.
  - e. I don't know.
  
7. Illness/infection is likely to cause:
  - a. an increase in blood sugar.
  - b. doesn't affect blood sugar.
  - c. a decrease in blood sugar.
  - d. no change in blood sugar.
  - e. I don't know.
  
8. The best way to take care of your feet is to:
  - a. massage them with alcohol each day.
  - b. look at them and wash them each day.
  - c. soak them for one hour each day.
  - d. buy shoes a size larger than usual.
  - e. I don't know.
  
9. When eating in restaurants, a person with diabetes:
  - a. should only order salad.
  - b. should order the largest steak, as restaurants give small meat portions.
  - c. should eat portions that match their meal plan amounts of carbohydrates, meat, and fat groups as close as possible.
  - d. should never eat in an Italian restaurant.
  - e. I don't know.
  
10. A person with diabetes is ill. He/she should:
  - a. continue to take medications for diabetes unless directed differently by the doctor.
  - b. continue to follow meal plan if possible, especially the carbohydrate group.
  - c. drink plenty of fluids to avoid dehydration.
  - d. All of the above.
  - e. I don't know.
  
11. The A<sub>1</sub>C test measures blood sugar over the past:
  - a. hour.
  - b. day.
  - c. week.
  - d. two-three months.
  - e. I don't know.
  
12. When grocery shopping, a person with diabetes should:
  - a. shop only for special diabetic foods.
  - b. evaluate a food based on its carbohydrate and fat content/serving.
  - c. buy only foods with no sugar.
  - d. buy only fat-free foods.
  - e. I don't know.

13. One carbohydrate group/serving contains:
- 5 grams of carbohydrates.
  - 15 grams of carbohydrates.
  - 30 grams of carbohydrates.
  - 50 grams of carbohydrates.
  - I don't know.
14. What effect should exercise/activities have on blood sugars?
- Lower it.
  - Raise it.
  - Has no effect.
  - I don't know.
15. What is the **first** thing you should do after you have a blood sugar <70 (low blood sugar)?
- Call your doctor.
  - Take some insulin.
  - Eat or drink something that has sugar.
  - Go to the hospital emergency room.
  - I don't know.
16. The four (4) food groups used in meal planning for diabetes are:
- carbohydrate group, protein group, fat group, and free group.
  - junk group, convenience group, fast-food group, and salad group.
  - sugar group, sodium group, fiber group, and cholesterol group.
  - I don't know.
17. Which should not be used to treat low blood sugar?
- 3 hard candies.
  - ½ cup orange juice.
  - a chocolate candy bar.
  - I don't know.
18. Which of the following is one serving of fat?
- 1 tsp regular margarine.
  - ¼ cup fat-free salad dressing.
  - ½ cup corn.
  - 1 Tbsp honey.
  - I don't know.
19. In which food group would you find cottage cheese/cheese?
- Carbohydrate group.
  - Fat group.
  - Protein group.
  - Free group.
  - I don't know.
20. Numbness and tingling in the feet may be symptoms of:
- kidney disease.
  - nerve disease.
  - eye disease.
  - heart disease.
  - I don't know.

**Please answer the following questions if you are taking a pill for your diabetes.**

1. If you forget to take your oral diabetes medication, you should:
  - a. not worry about it; one missed dose is okay.
  - b. take it when you remember you forgot it, no matter what time of day it is.
  - c. take a double dosage that day.
  - d. test your blood sugars more often and if they rise above 250, call your doctor or nurse educator.
  - e. I don't know.
  
2. Oral pills should:
  - a. be taken at bedtime.
  - b. be taken as directed by your nurse educator, MD, or according to the type of medication you are on.
  - c. have the dosage changed each day according to your blood sugar.
  - d. taken only when your blood sugar is high.
  - e. I don't know.

**Please answer the following questions if you are on insulin.**

1. Rotation of injection sites is important because:
  - a. it assures proper insulin absorption and prevents tissue damage.
  - b. not necessary because insulin works no matter where it is given.
  - c. it allows you to use muscle tissue.
  - d. the same site can be used for six months.
  - e. I don't know.
  
2. Insulin peak time is important to know because it tells when:
  - a. to plan a snack to prevent low blood sugar reaction.
  - b. to give another insulin shot.
  - c. exercise is needed.
  - d. insulin is beginning to work.
  - e. I don't know.